



The Snap-Clap, Chit-Chat, Pitter Patter Newsletter

What good will it be for someone to gain the whole world, yet forfeit their soul?

Matthew 16:26

Greetings family,

We hope you are enjoying the changing of the season. The beautiful colors of the trees, the freshness in the air, perhaps even a renewed energy. Change can be good, challenging and exciting.

You may begin to notice some changes on the BKS campus as we are excited to begin a new season of collaboration with the Cole Ohrt Walk Strong Foundation. A challenging new adventure that we feel confident will bring an opportunity for good works, beautiful relationships and maybe even miracles on the breath of the Spirit. Keep watching as details unfold.



Volume 1 Issue 5

October 2020

Upcoming Events:

- ⌚ Halloween Drive thru
- ⌚ Prayer group
- ⌚ VBS- still pending

National Physical Therapy Month

We'd like to give a shout out of appreciation from the PT Department as this is National Physical Therapy Month.

It is our joy to serve you as more than just therapist. You are our family, our friends, and a great source of inspiration. We love watching your children thrive and become the best of the best of themselves here at Building Kidsteps. It is our privilege to be on this journey with you.

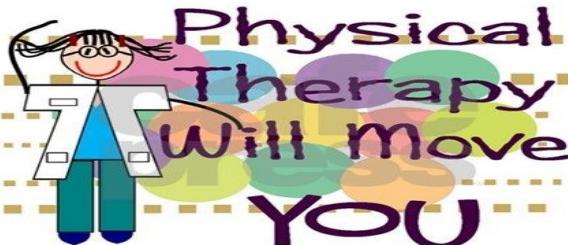
Thank you for trusting us with your sweet treasures. We pray you find faith, hope and love here.

BKS PT Staff,

Linda Gomez, DPT

Brandi Ermis, PTA &

Lori McGrew, PTA



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Halloween Trunk or Treat

DRIVE THRU

in the front of Building Kid Steps

October 28, 2020 ** 3:30-5:30

Halloween Safety

Safety Check :

- 1) Place reflective tape or paint on costumes to make your child more visible in the dark.
- 2) Make sure hats, wigs or other costumes pieces do not block child's vision.
- 3) Use nontoxic makeup and remove before bed.
- 4) Wear fire resistant costumes.

- 5) Escort your children when trick or treating
- 6) Stay in large groups in lighted areas.
- 7) Have a communication plan that your child can call you of needed.
- 8) Agree on a time and place to meet when out and about the neighborhoods or carnivals.
- 9) Watch for children wandering the street-they may not be paying attention to traffic.
- 10) Stay alert, have rules, have FUN, be SAFE



Apple & Caramel & Popcorn Awareness Month

How cool is this-Apple & caramel awareness in the same month- a good, sticky treat for Halloween. And popcorn too, for another good sticky treat celebrate with a caramel popcorn treat. <https://www.tastefullysimple.com/recipes/easy-caramel-corn-12656>



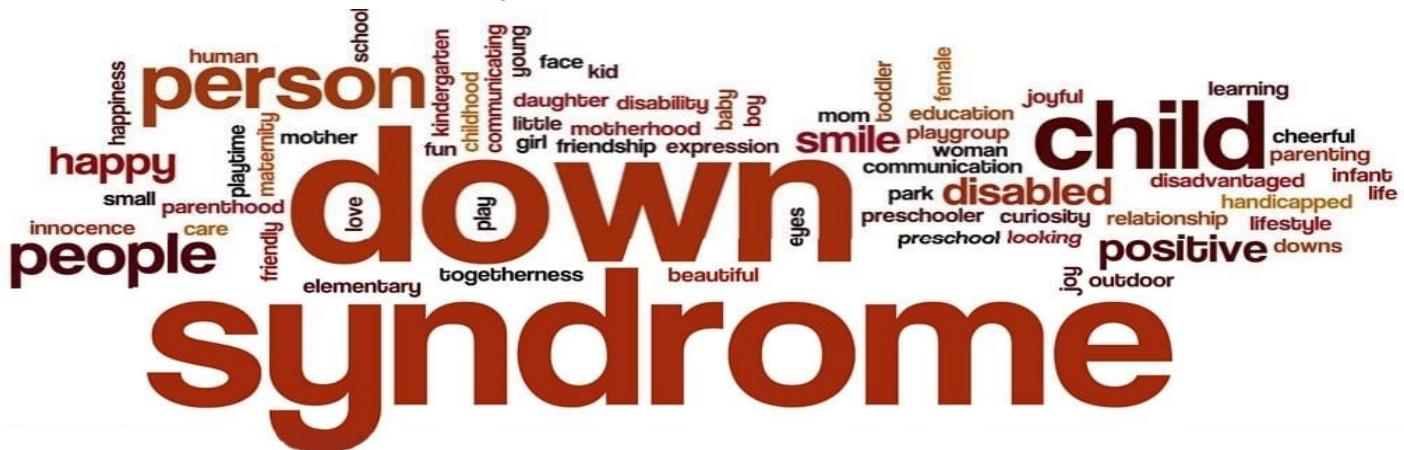
Fun Facts about Apples:

Apples are members of the rose family
Apple trees are 4-5 years old before they have apples.
1st apple tree in the USA was planted by the pilgrims
Takes about 36 apples to make 1 gallon of apple cider
The science of apple growing is called pomology
Most apples are still picked by hand
Apples come in all shades of red, green and yellow
The largest apple ever picked weighed 3 pounds- 2ounces
Apples float because 25% of their volume is air

Remember that nothing is small in the eyes of God. Do all that you do with love.

Therese of Lisieux

Down Syndrome Awareness Month



October is... Down Syndrome Awareness Month

www.NationalDayCalendar.com



SPINA BIFIDA AWARENESS MONTH

- * Spina Bifida is the most common permanently disabling birth defect in the United States.
- * Occurs when a baby is in the womb and the spinal column doesn't completely close.
- * Every day in the USA, 8 babies are born with Spina Bifida or a similar birth defect
- * 3 kinds of Spina Bifida: Occult Spinal Dysraphism, Spina Bifida Occulta, and Meningocele.
- * No cure for Spina Bifida, there are treatments that can help manage the impairment & prevent complications.

Here are some risk factors to be aware:

Folate deficiency. Folate, or Vitamin B-9 (also called folic acid when in food) is very important to the healthy development of a baby. A deficiency in this increases the risk of Spina Bifida and other neural tube defects.

Family history of neural tube defects. If you've had children with a neural tube defect before, or if someone in your immediate family has, the risk increases. However, a majority of babies born with Spina Bifida have no family history of the impairment.

Certain medications. Many anti-seizure medications that are taken during pregnancy can cause neural tube defects because they interfere with the body's ability to use folate and folic acid.

Diabetes and obesity. if either of these exist pre-pregnancy, your child has a higher risk of being born with Spina Bifida.

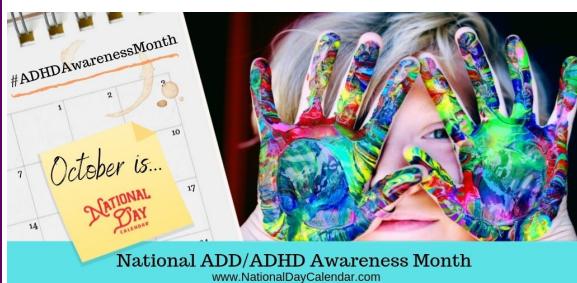
Dyslexia

<https://dyslexiaida.org/IDAGoRed/>



Dyslexia Awareness Month 2020

ADD/ADHD Awareness Month



<https://add.org/adhd-facts/>

<https://www.addrc.org/adhd-numbers-facts-statistics-and-you/>

A Little Humor

What's a ghost's favorite dessert?





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Nunc Coepi

"Now I Begin"

STAFF NEWS-

Welcome...

We officially welcome Sydney Evrom who is assisting with our front office and other clerical duties.

We also welcome Jayde Stockbauer COTA. She will join our OT team on October 12th.

Answer to September Joke:

What's the least favorite month of a tree?

Sep- Timber



October is an incredibly busy month of important observances. Many opportunities for prayer and service. A gentle reminder of all the many needs. Heck, it's even National Toilet Repair Month- who knew? Interesting "not-so-fun-facts" can be found at:
<https://nationaldaycalendar.com/national-toilet-tank-repair-month-october/>

The newsletter cannot accommodate all the information covered in the awareness calendar this month but we pray for all those struggling under the umbrella of any of this months observances.

For all those suffering from or affected by, breast cancer, pregnancy or infant loss, sudden infant death syndrome, depression, emotional unrest, bullying, crime, domestic abuse, disability, unemployment, the topics previously mentioned in the newsletter or any difficulty not listed in the litany.
We pray for an abundance of healing, guidance, and/or acceptance.

Family History Month

As things continue to be a little out of the ordinary, what a great time to learn something about your family. Seek information from your elderly relatives. Record their historical stories. If you cannot visit them personally, invite them to write you letters telling stories of their youth. Ask for pictures. Did they have times of difficulty? How did they handle it? What are some traditions they celebrated? Does your family still embrace the traditions? If not, how have they changed? What are your favorite memories. Families tell your story. Learn the good, bad and ugly. Appreciate one another, forgive faults, grow in strength together, above all love. Make a scrapbook to let your future family members know what joys and sadness you experienced. What makes you laugh, what makes you cry. What makes you strong. Get to know your family- from the most trivial tidbit to the most profound desires of their hearts.

Reconcile, Renew, Refresh, Embrace, Elevate, Cherish your family



Audiology and National Protect Your Hearing Month

This is a very senses stimulating season—see the turning leaves, smell the pumpkin spice brewing, taste the chili, feel the cool winds and warm sweaters. Let us not take for granted the ability to hear expressions of I Love You whispered or a song bird greeting us. Our ability to hear and listen is one of the senses we rely on the most.